



PHP TENN
CARE

Fall 2007

Assurance of Non-Discrimination: No one is treated in a different way because of race, color, birthplace, sex age or disability. Do you think you've been treated unfairly? Do you have questions? Do you need more help? You can make a free call to the Family Assistance Service Center at 866-311-4287. In Nashville, call 743-2000. *Totally Teen* is published by PHP TennCare. Editors: Eva Napier, Christy Newman and Beth Fisher. Send comments to: PHP TennCare, 1420 Centerpoint Boulevard, Knoxville, Tennessee 37932.



Are You Depressed or Just Plain Sad?

"I feel so depressed!" Have you ever found yourself saying or thinking this statement? Some people think depression is a very strong feeling of sadness. But, there is a difference between sadness and depression.

Everyone is sad from time to time. It's a normal reaction to painful events. Normal sadness should end when a person comes to terms with the troubles that caused him or her to feel sad.

If you have had strong feelings of sadness for a very long time, you might want to see if your sadness is linked to depression. It's unlikely you have depression if your sadness is caused by the loss of a loved one (as long as symptoms do not last more than two months), drugs, alcohol or medication, or a general medical condition.

Allow yourself the right to be sad. When painful events happen, being sad and crying can give you relief. Denying your feelings can be bad for you if those feelings build up and do long-term damage.

A person who is depressed has no control over his or her feelings. Those feelings cannot be ignored and can be very disruptive. Depression can last for weeks, months or years. A depressed person usually feels helpless and hopeless. Since depression is not the same as sadness, the feeling of depression doesn't always go away on its own.

You could be suffering from depression if you have some or all of these symptoms nearly every day:

- Depressed mood most of the day
- Loss of interest in most daily activities, most of the day
- Major weight changes or changes in appetite
- Change in sleep habits
- Loss of energy
- Feelings of worthlessness and guilt
- Difficulty thinking or concentrating
- Frequent thoughts of death or suicide, suicide attempt, or specific plan for committing suicide

If you think you might have depression, talk to your doctor. Simple tests can help determine if you need to be treated for depression. If you feel that you could harm yourself or someone else, seek medical help right away.

Spare a Moment of Pain for Lifetime Protection

If you don't like to get shots, you're not alone. But shots that protect you from serious diseases are important. Diseases like measles, mumps and whooping cough are making a comeback on school campuses because many teens are not up to date on their shots. Are you?

New immunizations may now be recommended that were not available when you were younger. The good news is you can still get a shot if you've missed it. And if you've missed some shots in a series of vaccines, you don't need to get the whole series again — you can simply pick up where you left off.

Doctors now recommend that all teens should have received a full course of shots against the following diseases:

- ☑ Diphtheria, tetanus, and pertussis (called the Tdap vaccine)
- ☑ Measles, mumps, rubella (MMR vaccine)
- ☑ Hepatitis B
- ☑ Meningococcal infection
- ☑ Human papilloma virus (HPV) (for girls)
- ☑ Varicella (chickenpox) if you have not had the disease

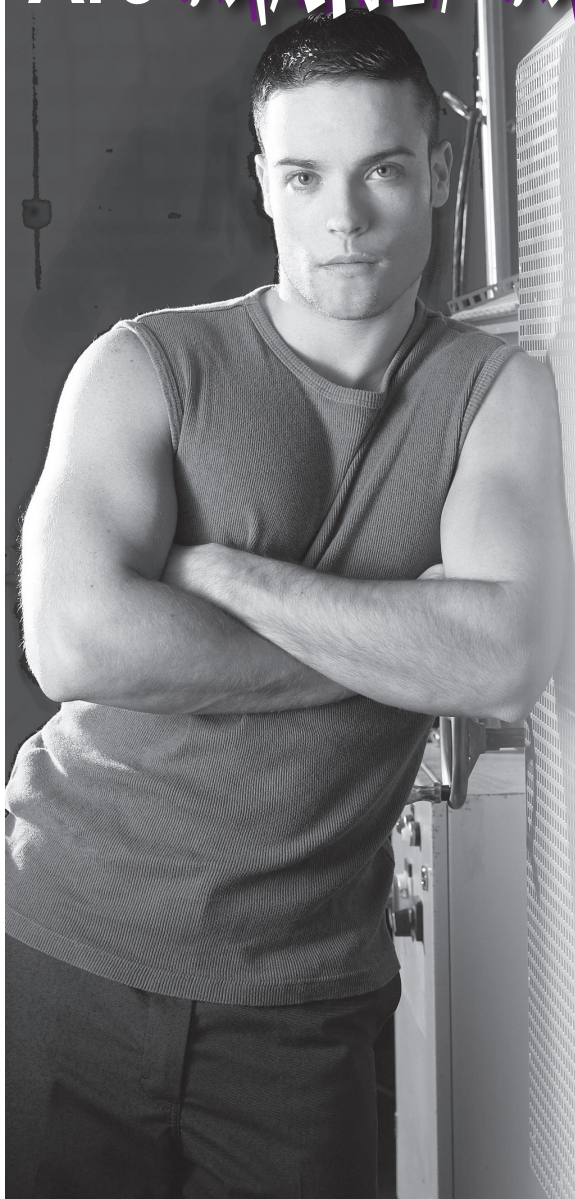
Shots are FREE if you are a TennCare member under the age of 21.

*Tips to Ease the **Fear of Shots***

- ① Distract yourself while you're waiting. Bring along a book or game — something you'll get caught up in so you're not sitting in the waiting room thinking about the shot. Or listen to a relaxing CD.
- ② Tell the doctor or nurse if you're nervous. They are used to people who fear shots and will be able to help you relax.
- ③ Concentrate on taking slow, deep breaths. Breathe all the way down into your belly. Deep breathing can help people relax — and focusing on something other than the shot can take your mind off it.
- ④ Relax your arm. If you're tense — especially if you tense up the area where you're getting the shot — it can make it more painful.
- ⑤ Promise yourself a treat. Give yourself a reward and some praise.

Source: www.kidshealth.org

Are **MANLY MEN** Afraid of Doctors?



Think you're indestructible?
Can't be harmed? That's what
advertisers, pop culture and peers
may have you think, but . . .

You may actually be at higher risk
for health problems if you are a
male between 15 and 19 years old.
Unfortunately, many teenage males think
it's unmanly to see a doctor. If you're one
of them, keep reading.

Based on a study of males 15 to 19
years old, most in the study thought
healthcare is not an important part of
being a man. However, more than half
of those surveyed said they are sexually
active. Also, about 20% answered "yes"
to two or more of the activities below:

- Use alcohol
- Smoke tobacco
- Use cocaine
- Been diagnosed with a sexually
transmitted infection
- Forced someone else to have sex

These risky behaviors make it more
important than ever to get regular
checkups.

Step up to the plate.

Call your doctor. Say
you want to schedule a
annual TENNderCare
checkup. (The checkup
is free to TennCare
members under age 21.)
Develop a positive and
friendly relationship with
your doctor.

Teenage males who
have good health
habits now can greatly
reduce the risk of health
problems throughout
their lives.

Myth: Mononucleosis
(or mono) is a kissing
disease.

Fact: Mono is a virus-
caused illness that can
be spread in a variety
of ways. A person can
spread mono even if
they have never had
mono. The best way
to treat mono is to get
plenty of rest.

A Sports Physical Is Not the Same As a Regular Physical

If you like to play school sports, more than
likely you had to get a sports physical. But
don't be fooled. This does not take the place
of a regular checkup.

The sports physical focuses on your well-
being as it relates to playing a sport. It's
more limited than a regular physical. Even if
your sports physical exam doesn't reveal any
problems, it's always a good idea to monitor
yourself when you play sports. Report any
changes in your condition, such as shortness
of breath, to your coach or doctor.

During a regular physical, your doctor will
address your overall well-being, which may
include things that are unrelated to sports.

You should get a TENNderCare checkup
once a year, whether you play sports or not.
The following things will be done at the visit:

- ◆ Health history
- ◆ Complete physical exam
- ◆ Lab tests as needed
- ◆ Shots as needed
- ◆ Vision/hearing screening
- ◆ Developmental/behavioral screening as
appropriate
- ◆ Advice on how to keep healthy.

You can ask your doctor to give you both
types of exams during one visit. Just make
sure you request both exams when you make
your appointment so enough time is allowed.

TennCare Web Site for Teens

Check out the Bureau of TennCare's Web site for teens at www.tennessee.gov/tenncare/tenndercare/teen/teen_index.htm. You'll find information on health, depression and suicide, food and fitness, school violence, pregnancy, dating violence and other important teen issues.

Medical Home: Your First Stop for Healthcare

Do you have a "medical home"? That's the first place you should go when you
are sick or injured. It's usually referred to as your primary care provider (PCP).
Your PCP should be able to take care of most of your medical needs. This
includes preventive care and treatment for new medical problems.

If you do not have a medical home, find one *before* you get sick. When you
become sick or injured, you will need and want to see a doctor who already
knows your health history. Having regular checkups with the same doctor can
help him/her find health problems and give you advice. Your PCP can be a
general internist, pediatrician or family practice doctor. Women can choose a
gynecologist to be their PCP.

Even if you think you need a specialist, your medical home should be your
first call when you are sick. Your PCP can take care of most of your medical
needs. He/she can refer you to a specialist if your problem is rare or difficult to
manage. You can also feel more at ease talking with a doctor that knows you.

See your doctor at least once a year for a checkup, especially if you have
existing health problems. If it's been more than a year since your last doctor
visit, call and schedule a checkup. You and your doctor can work on a plan to
improve your health and prevent disease.

PHP TennCare Customer Service

Monday - Friday
8 a.m. to 4:30 p.m., EST
servicios al cliente de PHP TennCare
lunes-viernes, 8 a.m. - 4:30 p.m.

865-470-7440

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Bureau of TennCareSM

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You can also call PHP TennCare
Customer Service or the
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Program at 800-722-7474.

Transportation services to and
from the doctor? Call PHP
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PHP TennCare
1420 Centerpoint Boulevard
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